

AUTISM AWARENESS DAY

SPECIAL FEATURE

Go blue during April to celebrate and recognise people with Autism



The 14th World Autism Awareness Day will take place on Friday, April 2, marking the beginning of Autism Awareness month, two campaigns that aim to draw attention to Autism Spectrum Disorder (ASD) and its multiple effects on many around the world. The rights of persons with Autism are celebrated and recognised, and communities are encouraged to stand together, support each other and show solidarity with persons with Autism. Participants on the day will often wear something blue in support, with Autism Queensland in particular naming their annual donation campaign 'Go Blue for Autism'.

ASD is a lifelong neurodevelopmental condition, affecting how people communicate and interact with other people and the world around them. They make sense of the world in different ways to those without ASD, sometimes struggling with social interaction and often experiencing restricted or repetitive interests and behaviours. There are many aspects associated with ASD, but

no two people across the Autism Spectrum are the same, with numerous foundations making it clear that shared characteristics do not make up persons with Autism. If you have met one person with Autism, you have not met them all.

The Spectrum of Autism means that individuals may present with a few characteristics of Autism, and some will show more than others. Persons with Autism often struggle with social-emotional reciprocity and with non-verbal communication, such as eye contact, difficulty with gestures, body language and facial expressions. This can make it difficult for them to maintain and develop friendships.

They can also struggle with stereotyped or repetitive speech, an inflexibility when it comes to routines, patterns or behaviour, sensory hyper or hypoactivity, or certain fixated interests. However, they can be greatly helped by occupational therapy, speech therapy and numerous other treatments.

Greater Autism awareness has meant that attitudes to the condition are growing and changing. Autism Awareness Day only further promotes the true spectrum that is ASD, as well as the spectrum of challenges faced by those who have the condition.

**SydWest
Multicultural
Services**
for all your
NDIS
needs

We speak **YOUR LANGUAGE**
We understand **YOUR CULTURE**

SydWest
Multicultural Services
Connecting cultures. Building community.

Call us on 9621 6633
to discuss your needs.

Registered NDIS Provider

www.sydwestms.org.au info@sydwestms.org.au

WW44172

Every child is **unique**, and so
is the way they learn



Whatever difficulties your child may have with learning, Cluey can help with a **personalised learning plan** tailored to their individual needs. With over 915 expert and nurturing tutors, we know how to overcome obstacles to learning.



Personalised online school tutoring for years 2-12

For 20% off visit clueylearning.com.au/news

AUTISM AWARENESS DAY

SPONSORED CONTENT

Therapy products can make a real difference for people with Autism

Each person is unique in the way in which they process and deal with stress, however for people with Autism, Asperger's, ADHD or Sensory Processing Disorder (SPD) this picture can look a little different.

Sensory toys and therapy products can often be useful tools in supporting people with special needs or those on the spectrum as they provide a particular sensory input that many people living with these conditions crave.

There are various benefits of sensory toys and tools which focus on promoting touch, increasing concentration, reducing anxiety, supporting fine and gross motor skills and encouraging language development.

For those who may struggle to focus or retain attention (particularly in a classroom or learning environment), there are sensory products available that help to promote focus and concentration. Chewable Jewellery is also an effective but discreet method that can support in these areas.

Many sensory toys also provide proprioceptive input, the kind of sensory input that lets us know where our bodies are in space. Weighted toys, lap mats, blankets and sleep systems can help to provide this kind of input to people and help to



calm in situations of anxiety and sensory overload.

A high sensitivity to both light and sound can also be common in people with Autism. There are audio and lighting visual aids available that assist in calming and soothing, including sound reducing earmuffs and night lights to use at bedtime.

The Sensory Store offers a wide range of therapy tools and sensory toys that can help to support people of all ages and abilities. It is owned and operated by NADO, a registered NDIS provider located in Penrith.

Visit www.sensorystore.nado.org.au.



- School Leaver Employment Supports
- Leisure, living and life skills
- Supported employment
- Recreation & leisure
- Support coordination
- Residential services

**Do you have an NDIS Plan?
Are you a school leaver?**

**Do you require planning support before your NDIS meeting?
Are you looking for work and on a disability support pension?**

If you answer 'yes' to any of these questions, contact us today to find out how we can help you achieve your dreams!



- 47-49 Rance Road Werrington
- info@thorndale.com.au
- (02) 9912 7800
- www.thorndale.com.au

WW443983

I support the
ndis

NADO
Live Your Way

- Accommodation
- Allied Health and Therapy
- Career Opportunities
- Day Programs
- Kids / Teens School Holiday and Weekend Programs
- NDIS Plan Management
- Social Clubs and Holidays
- Sports and Leisure Activities
- Support Co-ordination
- Sensory Store

Helping people with disability to achieve their goals and live a more independent life

NEW SHORT TERM
ACCOMMODATION

now available
in Winmalee

nado.org.au
1300 738 229

WW44052

Everyday care you can count on



Lifestyle Solutions is a registered NDIS service provider.

We're a national provider of disability services and we're there for the people we support every day. Everything we do, we do to make a real, meaningful difference for our customers and the quality of their everyday lives. It's called care – and that's what our people are all about.

Call 1800 634 748 or visit lifestylesolutions.org.au



WW44293

AUTISM AWARENESS DAY

SPONSORED CONTENT

Walking to make a difference: How you can help fundraising mission



As we go to press, the team from Nepean Speech and Occupational Therapy (NSPOT) are headed down to the Snowy Mountains, in readiness for their big walk to the summit of Mt Kosciuszko! At 2,228 metres, Mt Kosciuszko is Australia's highest point!

April is Autism Awareness Month. The NSPOT team provide support to many families who have children with Autism. They are excited to be launching into Autism Awareness Month with this fundraising campaign, to help raise funds, awareness and understanding of Autism Spectrum Disorder.

Approximately one in 70 people have a diagnosis of Autism. This is a 25-fold increase in the last 30 years! With this increase in prevalence, there are many

myths and stereotypes which are harmful to people who have a diagnosis of Autism. Education is vital to changing these perceptions and ultimately creating a society which is inclusive, nurturing and empowering for all.

Everyday the NSPOT team work with children and their families to help them reach their goals. They are also driven to help create a society where children are empowered to be the best version of themselves in this world. The team encourage their community to never stop learning, researching and educating others in everyday conversations.

The big 13km walk will occur this Saturday, March 27. Please help support Team NSPOT so that together we can make a difference. Visit www.walkforautism.org.au/fundraisers/teamnspot.



NEPEAN

SPEECH & OCCUPATIONAL THERAPY

Speech Pathology and Occupational Therapy services for children and adults
Ph: 4721 4766

SPEECH PATHOLOGY:

We treat all disabilities including ASD

- Articulation/Apraxia
- Receptive language
- Expressive language
- Learning difficulties
- Reading, writing & spelling
- Stuttering
- Rehabilitation-post brain injury
- Are trained in Hanen "It Takes Two to Talk", and "More Than Words" communication programs
- Are trained in Michelle Garcia Winner Social Thinking programs
- Run Social Skills and Literacy school holiday camps

OCCUPATIONAL THERAPY:

Helping our clients achieve the ability to participate in everyday life!

- Attention and concentration difficulty
- Conditions related to ASD
- Fine motor difficulties
- Regulatory disorders
- Learning difficulties
- Sensory processing disorder

We are registered NDIS providers.
Registered with Medicare and private health funds.



Level 2, 9 Tindale Street Penrith
Ph. 4721 4766 e. mail@nspot.com.au www.nspot.com.au

Luke Priddis
Foundation

Supporting kids with Autism Spectrum Disorders



FITNESS 4
AUTISM

A Centre for Autism providing
individual and group therapies,
social groups and NDIS support
coordination.

Level 1/496 High St Penrith.

World Autism Awareness Day



***We celebrate all children and adults living with
Autism Spectrum Disorders.***

***We embrace the neurodiversity, the unique
expressions, the individual perspective, the families
and the community that provide acceptance,
inclusion and love.***

***Join us for Fitness 4 Autism
Sunday May 2nd***

An online fitness festival for families.

Tickets are \$12 per group

***Varied online fitness sessions
streamed right to your device.***

***Help raise much needed awareness
and funds for our fabulous kids.***

Call our Centre 02 4736 2202

***[https://events.humanitix.com/fitness
-4-autism](https://events.humanitix.com/fitness-4-autism)***



WW44055



Mamalove Connect Hub

A new holistic Early intervention centre for additional needs children to have Occupational Therapy, Speech Therapy, Psychology, Music Therapy and to take part in a "get ready for Preschool" program.

The hub will also support Early Childhood Educators, Teachers and Parents who are seeking support and strategies for children in their care.

Our not-for-profit hub will open in June in Jordan Springs just above Terry White Chemist in our brand new facility.

To jump on the waiting list or for more information, please email Emily Constable the Practice Manager at **mamaloveconnect@gmail.com**

***From left to right:** Dave Faint (Builder helping us create the space from Faint Line Constructions), Scott Melville (Owner of the not for Profit), Emily Constable (Practice Manager of Mamalove Connect) and SJM (Student).*



Suite 8 Watergum Drive & Lakeside Parade, Jordan Springs
0497 848 419 | mamaloveconnect@gmail.com

AUTISM AWARENESS DAY

SPONSORED CONTENT

Support and early intervention thanks to new not-for-profit hub

The Mamalove Connect organisation that runs Cranebrook Community Preschool is launching a new not-for-profit hub in Jordan Springs to provide support and early intervention to children with additional needs.

When Melanie James' six-year-old daughter was diagnosed with Autism Spectrum Disorder she felt lost and realised the severe price of therapy that families had to cover to help their children.

She created Mamalove to help provide support through the process for not only children and their parents but also educators so they can better cater to the child's needs. It also extended into childcare centres to assist services better cater for children with additional needs or behaviours to avoid children being suspended and asked to leave childcare.

Opening in June, the centre will be a holistic hub providing therapy for parents as well as speech, occupational and music therapy for children along with psychology and counselling.

All children using self or NDIS funding will receive free swimming lessons at Nepean Aquatic Centre and an iPad as a communication device.

The passionate therapy and educa-



tor team are excited to be a part of the project and through early intervention can make immense positive changes to children's lives.

The early intervention, educator/parent courses and communication with teachers will result with less children with additional needs, in particular Autism being turned away from preschool or day care settings and less suspensions in kindergarten.

To go on the waiting list for therapy or to enquire about a therapist position, contact the Practice Manager Emily Constable at mamaloveconnect@gmail.com.

NDIS VILLA ACCOMMODATION VACANCY

The Perfect Mix of Independence and Support



www.interactionservices.org
1300 668 123

 A not for profit organisation support people with disability since 1979

the western
weekender

PROGRAMS & SERVICES

NDIS National Call Centre (NCC) 1800 800 110	NSW Mental Health Line 1800 011 511
Carers Australia 1800 242 636	Kids Helpline 1800 551 800
Autism Spectrum Australia (Aspect) 1300 978 611	Parent Line 1300 1300 52
AUTISM ADVISORY AND SUPPORT SERVICE (02) 9601-2844	Life Line 13 11 14

(02) 4722 2998 | WESTERNWEEKENDER.COM.AU



Providing a quality range of therapeutic products designed to help support children and adults with sensory needs

Order online @ www.sensorystore.nado.org.au
Phone: 1300 738 229
Email: info@sensorystore.nado.org.au

  

 LIGHTING & AUDIO	 WARMIES & CUDDLES	 CHEWABLE JEWELLERY
 TOYS & GAMES	 FINE & GROSS MOTOR	 SLEEP SYSTEMS



YOUR LOCAL NDIS PROVIDER

I ♥
ndis

SHORT TERM ACCOMMODATION!



WHAT'S INCLUDED?

Afford Respite is a fun and inclusive environment. You can try new activities, make friends all in a safe and supported environment.



24/7 hours staffed, fully furnished, self-contained, accessible house



All meals provided throughout the day including breakfast, lunch, dinner, morning and afternoon tea



Fun activities including lunches, concerts, football, fetes etc



Amazing meals with the 'cooking up a storm' program



Personal care and support throughout the day and night



Locations in: Eschol Park, Glen Alpine, Lakemba and St Marys.

CONTACT CUSTOMER CARE TODAY:

1300 233 673

www.afford.com.au